McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

August 10, 2007

Air Force, Navy hold 'Warfighter Talks,' Page 6

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Sport bike class comes to McChord

Tyler Hemstreet Staff writer

In a move aimed at teaching Airmen how to become safer motorcyclists, base officials are offering a class that caters specifically to sport bike riders.

One of the first bases in Air Mobility Command to offer a sport bike class, the course here mixes classroom time with hands-on instruction.

The class is designed to give both beginner and experienced sport bike riders a chance to discover what their limits are when it comes to riding, said assistant chief of safety Capt. Jason Morrison, 62nd Airlift Wing.

'Some of the focus of the course is to put riders \S into situations to help them build their confidence in their bike and their own riding skills," said be Captain Morrison, an experienced sport bike rider who also took the course.

The classroom discussion focused on riders paying close attention to their bike's tires, suspension and overall maintenance before hitting the road each day.

"Making sure the suspension is tuned correctly is a big deal when it comes to cornering," said coinstructor Master Sgt. Mark Gilbertson, 373rd Training Squadron, Detachment 12.

Riders put their learning to the test on the course, practicing shifting their weight on the bike upon entering a corner, Sergeant Gilbertson said.

"We're teaching guys to get a little bit off the seat and get their center of gravity down," he said.



Instructor Tech. Sgt. Carlos Damian, 62nd Aircraft Maintenance Squadron, demonstrates proper cornering techniques and course layout Aug. 2 during the sport bike class on the south-end of the flightline.

Riders spent a solid portion of the class out on the track learning to work with their bikes.

The flightline offered the perfect setting for safe riding conditions.

"If you go anywhere off the line, you're not going to hit anything for quite a while," Captain Morrison said.

"The real goal is keeping our guys safe out on

the roads," Sergeant Gilbertson said. "By the end of the day, I think everyone was a better

The preliminary plan for the class is to have it every other week, with space for six to 10 riders per class, Captain Morrison said. That could change once more instructors get trained,

A 'general' visit

Maj. Gen. Ronald Ladnier, 618th Tanker Airlift Control Center commander, sits with Airmen Monday during a visit to McChord. He toured the 62nd Aircraft Maintenance and 10th Airlift Squadrons.

McChord clinic offers physicals

Tyler Hemstreet Staff writer

With the start of the youth sports season just a few weeks away, 62nd Medical Group officials are urging parents to schedule physical exams for their children in order to alleviate the big rush come September.

Youth programs usually require children to get a physical exam before signing up, said 1st Lt. Nathan Fosmore, 62nd Medical Operations Squadron.

Physical exams are good for two years, he said.

Since the majority of older children and adolescents are pretty healthy, doctors don't get very many chances to see them and check on their health, growth and development, said Maj. (Dr.) Jason Gerber, 62nd MDOS.

"A physical exam gives us an opportu-

nity to check in with the patients and their parents to see how things are going," Dr. Gerber said. "It gives us an opportunity to discuss important health topics and safety issues."

Parents are encouraged to bring their child's sports paperwork with them to the appointment, Lieutenant Fosmore said.

exam also offers parents the chance to ask any questions about their child's health and check to see that any immunizations are up to date, Dr. Gerber

The exam only takes a few minutes and is completely painless, he said.

"It's just a quick look at everything from head to toe to make sure the patient is growing appropriately," Dr. Gerber

To schedule an appointment for a physical exam at the 62nd MDG clinic, visit http://www.tricareonline.com or call (800) 404-4506.

Weekend Weather



SATURDAY



Mission accomplished

Total McChord sorties	10,555
Total flying hours35	,523.1
Cargo moved (tons)76	,992.7
Departure reliability rate	91.3%
Mission capable rate	84.1%
Personnel currently deployed	670
Reservists currently activated	213
(Jan. 1 to Tuesday, Numbers updated Tuesday,)	

Don't miss it ... **Clinic closure Aug. 17**

The McChord clinic will be closed from noon to 5 p.m. Aug. 17 for an official function. Please plan your clinic visits accordingly.

Forecast generated at 7 a.m. Thursday Courtesy of the 62nd Operations Support Squadron

Take leave, relax — You've earned it

Col. Shane Hershman 62nd Airlift Wing vice commander

What a busy year 2007 has been thus far for Team McChord!

Numerous inspections and exercises, constant deployments and the culmination of Rodeo have placed tremendous demands on each of you, giving you many chances to shine. You've worked hard this year, but while taking care of your duties, don't forget to take care of yourselves. I encourage you to seek the opportunity to take leave, get out of the office or off the flightline and allow yourself to

Whether it's an exotic vacation far away, enjoying the Pacific Northwest, running a marathon or simply spending time at home with your family or friends, please don't neglect your responsibility to let the stresses of everyday life melt away for a short

time. Leave is not a privilege; it's your entitlement, and we all need a break from time-to-time to regain our focus and clarity and maintain a fighting

While catching a breather, remember that not everyone can take a summer vacation. As you spend time thinking back on our period of achievement as a mobility team, save a quiet moment for our comrades who are deployed without the option of rest as they execute our most critical missions. We must never forget that the freedoms we enjoy are not free, and many of our comrades are making the ultimate sacrifice to secure those freedoms even as we enjoy them.

As we send our Airmen into our area-of-responsibility, it's our No. 1 responsibility to take care of their families here at home, not only so our people can concentrate on their missions, but because it's our duty as a family to care for one another.

Later this month, the base chapel

will open its doors to the spouses of all of our forward-deployed Airmen to extend them support and hospitality and help to build fellowship among spouses enduring a difficult hardship together. If your spouse is deployed or deploying, please take advantage of this wonderful program Aug. 27.

Finally, take a moment this summer to think about what you've learned lately. Capturing the lessons of the past is our key to future success and the preservation of life and freedom. The Air Force's Lessons Learned initiative has created a structured means for any Airman to communicate with our corporate Air Force about how we can do things better.

During a very positive visit this past week with Maj. Gen. Ron Ladnier, commander of the Tanker Airlift Control Center, members of our aircrew and maintenance team from across the total force shared views on how we can improve operations. This is a great example of meaningful



Col. Shane Hershman, 62nd Airlift Wing vice commander, right, talks with a guest at the civic leader picnic.

improvement in action. As you come back from some well-deserved leave, return to the fight armed with ideas of how we can most effectively continue to sustain America's fight. Enjoy your weekend, and be safe!

Unauthorized purchases: Don't fall into the trap

Maj. Jack Jackman 62nd Contracting Squadron commander

Operating in today's high ops-tempo environment often requires us to "lean forward" to accomplish the mission. Only warranted contracting officers and government purchase card holders are authorized to make purchases on behalf of the government. Rank or position does not give a person authority to enter into a contract or purchase agreement between the government and a contrac-

Regardless of intent, if you create an unauthorized financial commitment to a contractor, you

have violated federal law and may be subject to disciplinary action. Be careful whenever you talk with contractors — both on and off base.

Whether or not you have a GPC, directing a contractor to provide supplies or services outside your authority, even for an emergency, could mean you will be held personally responsible for the bill. Several personnel at McChord, both military and civilian, have been held accountable and had to pay out of their own pockets for unauthorized purchas-

Proper planning is the best way to prevent unauthorized commitments from happening in your unit. Here are a few do's and don'ts:

 Do call contracting as soon as potential requirements are identified. The contracting squadron can keep you on the right path and may be able to do some advance market research which will result in a better and faster purchase.

- For purchases over \$25,000, do plan ahead, then plan some more. All too often units know of a pending requirement for months, but fail to plan. When the project is finally funded they're expected to buy it by next week. This creates an "emergency" which can lead to unauthorized commitments.
- Supervisors don't tell your resource advisor or GPC holders to "just make it happen." If they need assistance, tell them to contact the contracting squadron.

We really do want to help and will make every attempt to satisfy your needs within the framework of acquisition law.

Professionals

of the week

10th Airlift Squadron

Airman 1st Class Melissa Butterfield

Duty title:

C-17 Globemaster III loadmaster

Duty section:

Awards and Decorations

Hometown:

Port Richey, Fla.

Reason for recognition:

Airman Butterfield is in her first year as a C-17 Globemaster III loadmaster, yet she is making great impressions on

her squadron leadership. Recently she answered two calls of volunteerism: McChord's Airmen Against Drunk Driving and the base honor guard. When she's not flying worldwide missions, she augments the squadron's awards and decorations flight. On a daily basis she gives guidance to members and staff on the award submittal process. Due to her direct efforts, multiple squadron members have been properly recognized for their outstanding contributions. Her work during Rodeo 2007 earned her the "Look Sharp" award for last quarter.

Staff Sgt. Jose Perez

Duty title:

C-17 Globemaster III loadmaster/ Noncomissioned officer in charge, Scheduling

Duty section: Scheduling

Hometown:

Los Angeles, Calif.

Reason for recognition:

Sergeant Perez is a proud member of the 10th Airlift Squadron. When he's not flying worldwide missions as a C-17

Globemaster III loadmaster, he manages the squadron scheduling section. His team ensures missions are manned and fills required training events. During Rodeo 2007, he was recognized not only for his work with visiting distinguished visitors, but for his continued mentorship of all squadron Airmen. Currently, he is leading an Airman through a daily fitness program to improve his physical fitness test score. He was also instrumental in writing an outstanding package for McChord's regional Air Force Sergeants Association First Term Airman of the Year.



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62ND AIRLIFT WING, McCHORD AFB, WASHINGTON Defense, the Department of the Air Force or Swarner Communications of

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Services, mission support merger done at test bases

Staff Sgt. Monique Randolph Secretary of the Air Force Office of Public Affairs

WASHINGTON — The merger of services and mission support squadrons at six Air Force bases is now complete. The new combined organizations, called "force support squadrons," are paying huge dividends through improved service to customers, better synergy between organizations and increased efficiency in processes and people.

The merger, scheduled to begin Air Force-wide in January 2008 and continue over two years, will affect more than 15 Air Force specialty codes and occupational series in the manpower, personnel and services operations fields.

"Laughlin [officials] volunteered to merge in order to exploit synergies within the two organizations and better manage programmed manpower \S reductions," said Maj. Thomas Ballard, comman- [©] der of the 47th Force Support Squadron at § Laughlin Air Force Base, Texas, the first test base § to complete the merger. "Merging the two g squadrons allowed us to face projected monetary and manpower cuts as a team, and provide more efficient and effective customer service.

"Through analysis, we identified some areas of redundancy where the two organizations were concerned, and working together as a team, we've been able to nullify those redundancies," he added.

Laughlin completed the merger March 5, followed by Grand Forks Air Force Base, N.D., and Edwards Air Force Base, Calif., in April. F.E. Warren Air Force Base, Wyo., merged May 30, and Minot Air Force Base, N.D., and Eielson Air Force Base, Alaska, merged June 11 and 27, respective-

"These six bases were selected to enable a mix of



Framer Linnae Orth, 62nd Services Squadron, secures the corner of a photo frame recently in the arts and crafts custom frame shop located in Bldg. 1121.

leadership, demographics, major command and wing missions," said Col. Michael Gamble, chief of the Air Force Manpower and Personnel strategic plans division. "We also considered commander turnover so that we wouldn't prematurely end someone's command tour. Throughout this merger, we want to minimize the negative impact on civilian and military members."

Laughlin not only has merged administratively, but physically, placing all military, civilian and non-appropriated funds personnelists together, said Major Ballard. This enables the three functions to more easily communicate with each other and stay on the same page with policies and pro-

"For our customers, the merger has been seamless as far as the services and products we provide," he said. "The real results are seen by our [squadron] members through the increased efficiencies the merger has created."

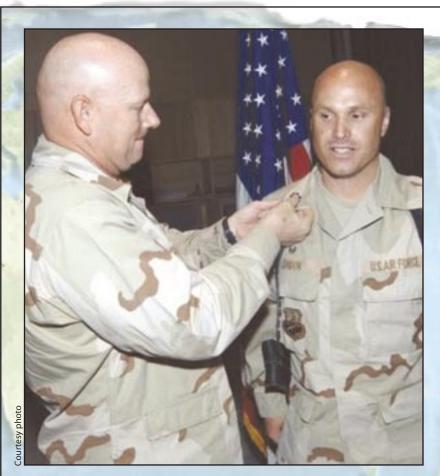


McChord's Airmen

AROUND THE WORLD



SOUTHWEST ASIA — Capt. Anthony Truette, 62nd Aircraft Maintenance Squadron, stands next to rock displaying the "Mighty 8th" logo while deployed recently.



SATHER AIR BASE, Iraq — Lt. Col. Timothy Ferguson pins new insignia on Lt. Col. Travis Condon, 62nd Logistics Readiness Squadron commander, during a promotion ceremony July 31.



Airmen assist in Iraqi police training



Master Sgt. Killjan Anderson, left, and Senior Airman John Bretzik, help an "injured" Staff Sgt. Dwayne Pyle back to waiting Humvees during "battle drills" at Contingency Operating Base Speicher. All three are members of the 732nd Expeditionary Security Forces Squadron, Detachment 6.

Master Sgt. Steve Horton 332nd Air Expeditionary Wing **Public Affairs**

CONTINGENCY **OPERATING** BASE SPEICHER, Iraq — Airmen roll out of the gates from here in armored Humvees and drive dangerous roads into Tikrit and the surrounding areas five days a week to do their part in helping Iraq transition to a peaceful democracy.

For the Airmen assigned to the 732nd Expeditionary Security Forces Squadron, Detachment 6, arming up and putting on more than 50 pounds of body armor and equipment in 115-degree heat is part of their role as members of Iraqi Police Transition Teams.

As coalition forces and Iraqis fight the insurgency, Iraqi police stations are established in neighborhoods with police transition teams to help get the process started.

The 45-person detachment operates at the provincial and district levels of the Iraq police, while Army PTTs operate at the station level in the Salah ad Din province, an area that covers approximately 25,000 square kilometers and has more than one million citizens.

The mission of each PTT is to coach,

mentor and assess the Iraqi police, said Maj. Erik Bruce, the Det. 6 commander. The provincial police level is roughly the equivalent of a state, the district level roughly a county, and the station level deals with each individual Iraqi police station, he said.

"The goal of each team is to help the Iraqis establish a functioning independent police force," Major Bruce said. "This is not something the Air Force has done before, but overall, we're having a positive impact on the [Iraqi police] and the security environment in Iraq as a whole."

The major works with his counterpart at the provincial police headquarters, a former two-star Iraqi general, now the provincial director of police, to help plan security operations, create policies regarding logistics, finance, communications, budget and personnel management for the province.

"He's effective as a leader. His Iraqi army experience gives him good operational background in command and control of forces and conduct of operations targeting insurgents and terrorists," Major Bruce said. "He knows how to hold people accountable. He knows how to lead people into action and how to run a staff, so I'm fortunate in that regard."

When some of the responsibilities of the teams include overseeing the accountability and distribution of 10,000 weapons and 1.4 million rounds of ammunition, as well as the monthly expenditures of the \$61 million 2007 budget, it's important for the PTT members to establish an effective working relationship with Iraqi police leaders they deal with.

"The day-to-day interaction is the easy part," said Capt. Greg Bodenstein, the 732nd ESFS, Det. 6, chief of the Tikrit District PTT. "It's just using people skills to figure out what motivates these people. It's good to see the development in thinking and how we've influenced them," he said.

"If you go into these situations fired up and motivated, the Iraqis take that spark and make it a fire," said Master Sgt. Killjan Anderson, the 732nd ESFS, Det. 6, assistant team chief for the provincial PTT. "I get excited about it.

'You're able to see the results of what you're doing when you spark something that helps them get going," Sergeant Anderson said. "You see the results right away. The rate of change is very fast and very rewarding. You can see how you make things better for people."

Through the almost daily engagements with the Iraqi police leadership, the transition teams have to constantly reassess their priorities based on many different factors.

"You take away a lot of respect for the Iraqis trying to make a difference," he said. "It takes incredible courage from these people to work at making things better despite the odds against them."

It's because of that courage that the Airmen of the 732nd ESFS, Det. 6 will show their courage and continue to traverse the dangerous roads of Iraq to do their part in helping the Iraqi police grow into a functioning independent police



Staff Sgt. Aaron Downing, 732nd ESFS, Det. 1, secures the area around a Humvee during "battle drills" performed before each mission at Contingency Operating Base Speicher. Sergeant Downing performs duties on a Police Transition Team here, and the drills are designed to simulate any possible situation the team may encounter while conducting missions outside the wire.

Air Force, Navy top leaders hold 'Warfighter Talks'

WASHINGTON — Air Force and Navy top uniformed leaders gathered Aug. 2 in Washington for "Warfighter Talks" to discuss ways the two services can improve upon their legacy of cooperation and interdependence as the strategic striking arms for the nation.

"The Air Force and Navy are complementary strategic forces who do things on a global scale for our nation," said Gen. T. Michael Moseley, the Air Force chief of staff.

"It's critical for us to leverage each other's capabilities to create effects around the globe," General Moseley said.

"We'll be talking about the thing I care most about — warfighting," said Adm. Michael Mullen, chief of Naval Operations.

The services' leaders discussed a variety of topics including command and control of air and maritime forces; future joint electronic attack capabilities; and intelligence, surveillance and reconnaissance, or ISR. For each discussion item, leaders from both services focused on common objectives and worked to understand and bridge differences where they

There is great potential to achieve synergies in development, acquisition, operations and employment of airborne ISR between Navy and Air Force by taking a joint approach," said Lt. Gen. David Deptula, the Air Force deputy chief of staff for ISR. "The joint force has an ever increasing requirement to detect, characterize

and prosecute a wide range of targets around the globe and the Navy and Air Force can really leverage each other's [unmanned aerial systems] efforts."

Leaders from each service left the conference with a view of opportunities to partner on joint solutions to meet common challenges.

"This forum is another benchmark for how the services can attack common challenges by sitting down together and talking through them," General Moseley said. "I am very encouraged by the frank conversations we had today, the joint solutions we've identified, and the dividends these discussions will pay for national security now and well into the future."

(Article courtesy of Air Force Print News.)

Housing Maintenance keeps everything in running order





Larry Myers, 62nd Civil Engineer Squadron, working from a fully-stocked mobile workstation, performs general maintenance on a unit in base housing June 21.

62nd CES Airmen work hard to ensure housing units repaired, ready

Tyler Hemstreet

Holes in the wall where pictures once hung, worn-out door sweeps, torn window screens and broken door locks in base housing are nothing new to McChord's housing maintenance mechanics.

When tenants move out, the section's staff work to make sure each vacated unit is primed and ready for its new family.

"We go out of our way to make sure families get taken care of," said housing maintenance supervisor Jerry Killingsworth, 62nd Civil Engineer Squadron.

To do this, a housing maintenance crew does a complete walk-through of the unit, fixing any wall damage, leaky faucets, pluggedup drains or broken doors and windows.

The large white trailer the crew takes with it to the vacant houses serves as an on-site supply room, eliminating the need to go back to the workshop for parts. The shelves and cupboards inside the trailer are packed with several different kinds of light bulbs, electrical outlet covers, lighting fixtures and faucet

Over the course of one or two days, crews make repairs to everything but the vinyl flooring and carpet, which is contracted out, said shop chief Robert Brokenshire, 62nd CES.

"Everything will be operating and fixed up when we leave the place," Mr. Brokenshire

But the maintenance doesn't just cover change-of-occupancy occurrences. Airmen and their families living in the homes can call for assistance if anything the Air Force owns inside the house fails, including the refrigerator, stove, ceiling fan and heater.

Since June of 2006, the housing maintenance section has completed 4,039 work orders throughout the base's 976 total housing units, Mr. Brokenshire said.

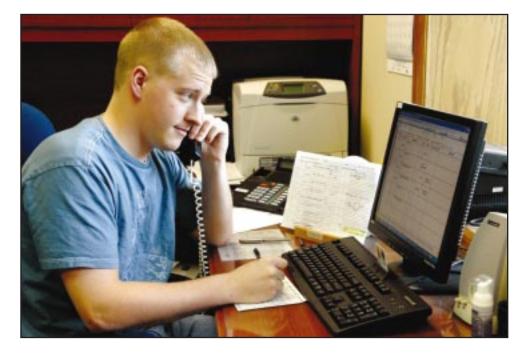
On nearly 80 percent of those work orders, the team responded to the problem the day it was called in, he said.

"When we aren't able to respond in a timely fashion, it's usually because we don't have the part in stock," he said.

The most common jobs crews respond to are plumbing issues, Mr. Killingsworth said.

In addition to providing nearly 10 hours of job coverage on the weekdays, housing maintenance crews also have Airmen on call who can respond to emergencies during off-duty hours such as broken pipes, Mr. Brokenshire said.

It's all in a days work for McChord's housing maintenance mechanics to ensure housing is safe and comfortable for Airmen and their families



Dispatcher Rick Garrison, 62nd CES, fields a service call and prepares a work order while manning the housing maintenance front counter.



Rich Gerstenberger, 62nd CES, puts the finishing touches on a kitchen countertop while performing general maintenance on a unit in base housing.



Steve Skeehan, left, and Rich Pirilli, 62nd CES, working from a wellequipped maintenance vehicle, prepare to outfit a home in base housing with new screens during a service call.



John Reeder, left, and Ken Barber, 62nd CES, remove a damaged kitchen countertop from a unit in base housing.



Housing maintenance technician Tom McGuire, 62nd CES, uses a hand truck to remove a damaged stove from a storage area for repair.

AMC announces FitFactor winners

SCOTT AIR FORCE BASE, Ill. — Eleven lucky prize winners at each Air Mobility Command installation were recently selected for the month of July just for enrolling in FitFactor and living a healthy lifestyle. Each base will have an iPod Shuffle winner and 10 \$15 iTunes music card winners during July, August and September.

In addition, AMC Services will award one grand-prize winner at each installation a 2 GB iPod Nano at the conclusion of the 2007 program on Sept. 30. All prize winners will be randomly selected from the pool of registered FitFactor participants.

The AMC iPod and iTunes music cards will supplement the prizes already offered by Air Force Services. Youth earn and log points for participating in any physical activity and for making healthy eating choices. There are five FitFactor levels: energy, strength, agility, adventure and endurance. Prizes are earned and awarded to youth as they reach each FitFactor level.

FitFactor is a youth-health and fitness initiative sponsored by Air Force Services Family Member Programs. The program wraps up its second full year the end of September. FitFactor encourages physical activity and healthy eating habits of youth between the ages of 6 and 18. This initiative has been instrumental in educating countless youth throughout AMC on the many benefits of an active lifestyle.

Children must visit the base youth center to enroll in the program. Once enrolled, they can log points at home or from any computer with internet access. For more information, log on to http://www.afgetfit.com or contact the base youth center.

Below is a list of July iPod Shuffle winners at each AMC installation. For a complete listing of July prize winners, call the base youth center.

Andrews Air Force Base, Md., -



McChord youth participate in a race during a FitFactor event here in October 2006. FitFactor is an Air Force youth-fitness program open to youth center members between the ages of 6 and 18.

Canan Hypolite
Charleston Air Force Base, S.C.,
— Ashley Huff
Dover Air Force Base, Del., —
Sara McCaffrey
Fairchild Air Force Base, Wash.,
— Mallory Moore
Grand Forks Air Force Base,

N.D., — Kyle Kletschka
MacDill Air Force Base, Fla., —
Mekial BinBibl
McChord Air Force Base, Wash.,
— Catarina Schulte
McConnell Air Force Base, Kan.,
— Christopher Wells
McGuire Air Force Base, N.J., —

Andrew Coates
Pope Air Force Base, N.C., —
Taleia Curry
Scott Air Force Base, Ill., —
Kelsey Sartin
Travis Air Force Base, Calif., —
Nicholos Ratcliff
(Article courtesy of Air Force News.)

AF takes gold, silver at 2007 Armed Forces Triathlon Championship

Staff Sgt. Ty Reyes
Air Force Sports

NAVAL BASE VENTURA COUNTY-POINT MUGU, Calif. — The Air Force women's triathlon team took first and the men's team second at the 2007 Armed Forces Triathlon Championship held July 25 to 29 at Point Mugu, Calif. The results are based on the raw scoring times of the men's top eight and women's top four competitors.

The Armed Forces Championship is an Olympicdistance course comprised of a 1,500-meter swim, 40-kilometer bicycle route and 10-kilometer run.

The Marine's 2nd Lt. Justine Whipple was the first woman to cross the finish line, with a time of 2:05:45. Senior Airman Jolene Wilkinson, from Hill Air Force Base, Utah, came in second in the women's division and was the top Air Force women's finisher with a time of 2:08:58.

The remaining times for the Air Force women were: 2nd Lt. Stephanie Hirst, U.S. Air Force Academy, 2:16:29; Maj. Erika Foster, Air Force Reserve Officers Training Corps at Rochester Institute of Technology, N.Y., 2:17:46; and Capt. Maiya Anderson, Air Force Academy, 2:19:36.

The final results for the women's division were Air Force, 9:02:49; Army, 9:15:27; Marine Corps, 9:28:24; and Navy, 9:42:55.

The Navy's Tim O'Donnell won the men's division event with a time of 1:49:32, keeping his streak going with five straight championships. Capt. James Bales, Lackland Air Force Base, Texas, was the top Air Force finisher, fourth overall, with a time of 1:59:56. Maj. Peter Ohotnicky, Air Force Academy, the second Air Force member and fifth military finisher, had a time of 2:00:28. Staff Sgt. Michael Berquist, Fairchild Air Force Base, Wash., was the third Air Force mem-



The Air Force triathlon team poses for a team photo July 28 before heading to the 2007 Armed Forces Triathlon Championship at Naval Base Ventura County-Point Mugu, Calif.

ber to finish and sixth overall and finished with a time of 2:01:22.

The remaining Air Force scoring times in the men's division were 2nd Lt. Kenneth Corigliano, Andrews Air Force Base, Md., 2:03:44; 2nd Lt. Christopher Larson, Hickam Air Force Base, Hawaii, 2:04:05; Maj. Thomas Jackson, Scott Air Force Base, Ill., 2:04:55; 1st Lt. Jeffery Falcone, Vandenberg Air Force Base, Calif., 2:07:49; Master Sgt. Robert Wieland, Eielson Air Force Base, Alaska, 2:11:17; and team captain Maj. Spencer Cocanaur, Hurlburt Field, Fla., 2:12:15.

The final results for the men's division were Navy, 14:12:35; Air Force, 14:33:08; Army, 14:59:48; and the Marine Corps, 15:01:59.

Captain Bales, Sergeant Berquist, Airman Wilkinson, Lieutenant Hirst and Major Foster were named to the combined 2007 Armed Forces Triathlon Team that will compete in the Military World Games to be held Oct. 19 to 22 in Mumbai, India. Selections were based on results and availability, with the top five finishers of each gender earning the right to advance to the Military World Games.

MDG volunteers dedicated to medical mission



Lorraine Robertson, one of the 62nd Medical Group's volunteers, helps a customer get her prescription filled at the clinic's pharmacy.

Tyler Hemstreet
Staff writer

They may not know how to change a C-17 Globemaster III engine or execute a combat airdrop, but the volunteers who work at the 62nd Medical Group's clinic play a key role in supporting the mission each day.

The dedicated group of volunteers perform various administrative tasks day-in and day-out, giving Airmen who work in the clinic an opportunity to do exactly what they were trained to do, said Red Cross volunteer coordinator Bob Jeffrey, 62nd Medical Operations Squadron.

The group is composed of dependents, spouses and retirees. Some registered nurses and high school students even volunteer.

"We get all kinds of people," Mr. Jeffrey said. The 26 volunteers do everything from stocking and cleaning shelves and handing out prescriptions in the pharmacy to checking in patients and filing documents in family practice or wherever they are needed.

Most volunteers work between three and four hours a week, with some volunteering as many as 70 hours in a month, Mr. Jeffrey said.

Volunteers worked more than 5,000 hours from July of 2006 to May of 2007, saving the 62nd MDG nearly \$93,000 in man-hours, he said.

Without the hours the volunteers work, the pharmacy and many other military pharmacies' services would be extremely curtailed or even stopped, said non-commissioned officer in charge of the pharmacy Senior Master Sgt. Mark Yurkovich, 62nd Medical Support Squadron.

"They are truly our silent heroes and without a doubt the cornerstone to our customer service success, positive reputation and ability to function at such a high level of excellence," Sergeant Yurkovich said.

All the volunteers seem to have one thing in common, Mr. Jeffrey said.

"Most people are giving back to the Air Force or military for what they got out of it," he said.

One of those volunteers is John Thurber, a 66-year-old Army and Air Force veteran who's been volunteering in the clinic's pharmacy six hours a week for the past two months.

He got involved in volunteering after coming in to pick up a prescription and seeing a flyer for the program.

"I thought I would see what it was all about," Mr. Thurber said. "The Air Force was good to me so I thought, the least I can do is give something back."

While working behind the counter at the pharmacy helping customers, Mr. Thurber said he comes across many names and faces that he used to serve with.

"That's the beauty of it," he said. "You never know who is going to walk up to the window."

The volunteering opportunity also gives those who have served a chance to interact with the troops and see how the Air Force has changed.

"I'm so impressed with how they do more with less people," Mr. Jeffrey said. "They're super, and I'm proud to be affiliated with them."

The adoration goes both ways.

"Each of them is like family," Sergeant Yurkovich said. "I wish I could do more than just say thank you to each of them for everything they do and enable us to accomplish."



Deployed spouses dinner

There will be a dinner for families with deployed and deploying spouses from 6 to 8 p.m. Aug. 27 at the chapel support center. The dinner will feature Famous Dave's Legendary Pit Bar-B-que, and participants are encouraged to wear a pirate or tropical-themed outfit. Spouses of Airmen on temporary duty or remote assignments are to encouraged attend. Reservations are required no later than Aug. 22. For more information, call Chaplain (Capt.) Kathy Scott or Staff Sgt. Douglas Witham, at 982-5556 or visit https://62aw. mcchord.af.mil/awstaff/hc/d efault.aspx.

Munitions accounts

The 62nd Maintenance Squadron, Munitions Maintenance Flight, will be closed for its semi-annual inventory Sept. 4 to 7. Computer item records will be frozen for inventory during this time. Munitions users and custodians will ensure routine workloads are scheduled around these dates. Only emergency issues will be

accepted during this period. Training requirements are not considered an emergency. For more information, call Herb Wilkins, 62nd MXS, at 982-2956.

Ice cream social

McChord Officers' Spouses' Club is holding an ice cream social and membership drive at 7 p.m. Tuesday at Holiday Park. All eligible spouses and their families are invited. For more information, call Christi Detwiler at 588-2311 or Maggie Elder at 503-1973.

- Names to Note -

The following Airmen received a 90 percent or better on their career development course exams recently:

- Airman 1st Class John Howard, 4th Airlift Squadron
- Tech. Sgt. Matthew Thompson, 4th
- Master Sgt. Stephen Zeiders, 4th AS
- Airman 1st Class Jack Powers, 10th Airlift Squadron
- Airman 1st Class Gary Woo, 10th AS
- Airman 1st Class Geoffrey Young, 62nd Aerial Port Squadron
- Airman 1st Class Joshua Bigger, 62nd Aircraft Maintenance Squadron
- Airman 1st Class Christopher Bowen, 62nd AMXS
- Staff Sgt. Tabor Gluth, 62nd AMXS
- Staff Sgt. Zachary Hoene, 62nd AMXS Staff Sgt. Jason Rockwood, 62nd
- **AMXS**

- Airman 1st Class Adrian Vega, 62nd **AMXS**
- Master Sgt. Kelly Lauseng, 62nd Airlift Wing
- Airman 1st Class Johnathan Hall,
- 62nd Civil Engineering Squadron Staff Sgt. Philip Narcis, 62nd CES
- Airman 1st Class Justin Olomon, 62nd CES
- Airman 1st Class Alfred Roldan, 62nd
- Staff Sgt. Tulafono Sili, 62nd CES
- Staff Sgt. Joshua Fox, 62nd
- Maintenance Operations Squadron
- Staff Sgt. Gary Janabajab, 62nd MOS Airman 1st Class Cecilia Hardy, 62nd Operations Support Squadron
- Tech. Sgt. Shaun Khoenle, 62nd OSS
- Staff Sgt. Nicholas Omay, 62nd OSS
- Airman 1st Class Joseph Buffington, 62nd Security Forces Squadron
- Airman 1st Class Ezra White, 62nd



Faith and Worship Programs

For more information, call the chapel support center at 982-5556.

Catholic Services:

All Catholic services are in chapel two.

Saturday: 4 p.m. Confession

5 p.m. Mass

Sunday: 9:30 a.m. Mass

11 a.m. Mass

Protestant Services: Sunday: 8:30 a.m. Liturgical worship: Chapel one

9:45 a.m. Sunday school for all ages at the

chapel support center

11 a.m. Traditional worship: Chapel one

11 a.m. Contemporary service: Chapel support

Jewish Services:

Schedule of worship services

6 p.m. Fort Lewis chapel every 1st, 3rd and 5th at the Friday: corner of 12th Street and Liggett Avenue 966-8949

Orthodox Activities: Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas Church,

15th Street and Yakima Avenue, Tacoma

Other services:

Orthodox Christian Community, Cascade Chapel, Fort Lewis

Sundays: 8:45 a.m. Pre-Communion prayers

9:30 a.m. Divine Liturgy

Confession is by appointment only. Call Father John Anderson at 967-1717 or 906-6843 or e-mail father.anderson@us.army.mil.

